



National Nutrient Database for Standard Reference

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Statistics Report 09176, Mangos, raw ^a

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2 3 4 5}	g	83.46	299	0.478	80.84	88.1	4.0	82.132	84.788	5	Analytical or derived from analytical	--	08/2010
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	250	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein ^{1 2}	g	0.82	7	0.153	0.44	1.14	1.0	-1.129	2.769	2	Analytical or derived from analytical	--	06/2010
Total lipid (fat) ^{1 2}	g	0.38	7	0.051	0.21	0.5	1.0	-0.272	1.03	2	Analytical or derived from analytical	--	06/2010
Ash ^{1 2}	g	0.36	7	0.030	0.25	0.42	1.0	-0.029	0.744	2	Analytical or derived from analytical	--	06/2010
Carbohydrate, by difference	g	14.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary ^{1 2 3 4}	g	1.6	9	0.141	1.2	2.3	3.0	1.121	2.021	4	Analytical or derived from analytical	--	06/2010
Sugars, total	g	13.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3	g	6.97	4	1.299	0.07	9.37	1.0	-9.539	23.481	2	Analytical or derived from analytical	--	06/2010
Glucose (dextrose) 2 3	g	2.01	4	1.353	0.66	5.97	1.0	-15.182	19.209	2	Analytical or derived from analytical	--	06/2010
Fructose 2 3	g	4.68	4	0.875	3.8	7.99	1.0	-6.443	15.793	2	Analytical or derived from analytical	--	06/2010
Lactose 2	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2010
Maltose 2 3	g	0.00	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2010
Galactose 2	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2010
Minerals													
Calcium, Ca 1 2 6	mg	11	8	0.675	7	16	2.0	7.83	13.642	3	Analytical or derived from analytical	--	06/2010
Iron, Fe 1 2 6	mg	0.16	8	0.046	0.09	0.41	2.0	-0.041	0.352	3	Analytical or derived from analytical	--	06/2010
Magnesium, Mg 1 2 6	mg	10	8	0.544	8	19	2.0	7.474	12.159	3	Analytical or derived from analytical	--	06/2010
Phosphorus, P 1 2	mg	14	7	1.079	10	18	1.0	0.042	27.466	2	Analytical or derived from analytical	--	06/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1 2 6	mg	168	8	0.974	120	211	2.0	163.738	172.123	3	Analytical or derived from analytical	--	06/2010
Sodium, Na 1 2 6	mg	1	8	0.489	0	3	2.0	-0.727	3.48	3	Analytical or derived from analytical	--	06/2010
Zinc, Zn 1 2 6	mg	0.09	8	0.019	0.06	0.15	2.0	0.014	0.173	3	Analytical or derived from analytical	--	06/2010
Copper, Cu 1 2 6	mg	0.111	8	0.052	0.04	0.32	2.0	-0.113	0.335	3	Analytical or derived from analytical	--	06/2010
Manganese, Mn 1 2 6	mg	0.063	8	0.010	0.03	0.12	2.0	0.021	0.104	3	Analytical or derived from analytical	--	06/2010
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid 1 2 4 5 9	mg	36.4	302	14.252	13.2	92.8	4.0	-3.174	75.965	5	Analytical or derived from analytical	--	06/2010
Thiamin 1 2	mg	0.028	7	0.002	0.01	0.04	1.0	0.008	0.049	2	Analytical or derived from analytical	--	06/2010
Riboflavin 1 2	mg	0.038	7	0.008	0.02	0.07	1.0	-0.061	0.136	2	Analytical or derived from analytical	--	06/2010
Niacin 1 2	mg	0.669	7	0.308	0.2	1.31	1.0	-3.244	4.582	2	Analytical or derived from analytical	--	06/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.197	7	0.026	0.16	0.24	1.0	-0.137	0.531	2	Analytical or derived from analytical	--	06/2010
Vitamin B-6 1 2	mg	0.119	7	0.001	0.05	0.16	1.0	0.112	0.125	2	Analytical or derived from analytical	--	06/2010
Folate, total 1 2 b	µg	43	6	17.120	20	69	1.0	-174.272	260.787	2	Analytical or derived from analytical	--	06/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food 1 2	µg	43	6	17.120	20	69	1.0	-174.272	260.787	2	Analytical or derived from analytical	--	06/2010
Folate, DFE	µg	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total	mg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 5 7	µg	640	298	193.217	185	1,680	3.0	25.241	1255.047	4	Analytical or derived from analytical	--	06/2010
Carotene, alpha 1 2 7	µg	9	8	3.630	0	40	2.0	-7.014	24.227	3	Analytical or derived from analytical	--	06/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta 1 2 7	µg	10	8	7.117	0	32	2.0	-20.921	40.325	3	Analytical or derived from analytical	--	06/2010
Vitamin A, IU	IU	1082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2010
Lycopene 2	µg	3	3	1.629	0	6	2.0	-4.009	10.009	1	Analytical or derived from analytical	--	06/2010
Lutein + zeaxanthin 2 7	µg	23	4	17.430	6	63	1.0	-198.039	244.899	2	Analytical or derived from analytical	--	06/2010
Vitamin E (alpha-tocopherol) 2 8	mg	0.90	3	0.113	0.79	1.02	1.0	-0.538	2.345	2	Analytical or derived from analytical	--	06/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 8	mg	0.01	3	0.005	0.01	0.02	1.0	-0.046	0.076	2	Analytical or derived from analytical	--	06/2010
Tocopherol, gamma 2 8	mg	0.01	3	0.006	0	0.01	1.0	-0.07	0.082	2	Analytical or derived from analytical	--	06/2010
Tocopherol, delta 2 8	mg	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2010
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	4.2	--	--	--	--	--	--	--	--	Calculated or imputed	09236	02/2003

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	15	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
14:0	g	0.013	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:0	g	0.072	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:0	g	0.004	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total monounsaturated	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.067	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated	g	0.075	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 undifferentiated	g	0.019	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated	g	0.051	19	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Threonine	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Isoleucine	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Leucine	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lysine	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Methionine	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phenylalanine	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tyrosine	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Valine	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Arginine	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Histidine	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Alanine	g	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Aspartic acid	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glycine	g	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Proline	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Serine	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ¹¹	mg	0.10	--	--	0.1	0.1	--	--	--	--	--	--	--
Delphinidin ¹¹	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Pelargonidin ¹¹	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ¹²	mg	1.7	--	0	1.72	1.72	--	--	--	--	--	--	--
(-)-Epigallocatechin ¹²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ¹²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ¹²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ¹²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ¹²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ¹¹	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Luteolin ¹¹	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{11 13}	mg	0.1	--	0.04	0.01	0.13	--	--	--	--	--	--	--
Myricetin ^{11 13}	mg	0.1	--	0.03	0.03	0.13	--	--	--	--	--	--	--
Quercetin ^{11 13}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein ^{14 15}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ^{14 15}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ¹⁴	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ¹⁰	mg	1.8	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ¹⁰	mg	1.4	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ¹⁰	mg	7.2	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ¹⁰	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ¹⁰	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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Footnotes

^a Values based on analyses of Tommy Atkins, Keitt, Kent, and/or Haden cultivars.

^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.